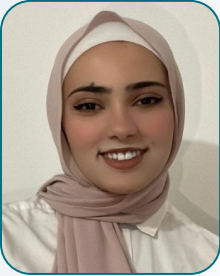


Global Congress on Integrated Healthcare

A joint Conference in Collaboration with United Research Forum, UK and Mutah University, Jordan

Under The Patronage of his Excellency Dr Yousef Goussous

May 15 - 16, 2022 | Hotel Crowne Plaza Dead Sea, Jordan



Prevalance of diabetes mellitus among medical students in mutah university, Al-Karak, Jordan

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Abstract

Background: Diabetes mellitus is one of the major health problems in Middle East. There is no available data about its prevalance among our medical students .A lot of complications could be present due to such metabolic disorders .

Objective: This study was conducted to determine the prevalence of diabetes mellitus among medical students at Mutah University in Al-Karak in Jordan, raising the awareness about its complication and to spot light problems encountered by student to get their proper support treatment.

Method: A total of 350 medical students were enrolled in in this observational study, (i.e., 67.5% females and 32.5% males) were investigated using a questionnaire designed for medical students from 1st up to 6th year. Statistical analysis was performed using SPSS version 25.

Results: In the present data it was found that 68.9% consuming fast food. There is positive family history of D.M 46%. Sure diagnosis of DM proved to be 2.3% of participants, with 6.3% HbA1c (7-10gm %). Uncontrolled D.M treatment proved to be 35.3% and this could be due to financial problems 37.5% or unavailable drugs in the market 37.5%

There is a history of hyperglycaemic coma proved to be 6.3% and hypoglycaemic coma 6.3% encountered among those affected.

Conclusion: A lot of concern about medical students having diabetes mellitus should be implemented, as D.M complication is very serious including cardiovascular, nephrology and retinopathy complications. Also, we recommend that routine medical screening tests as fundus examination, fasting and post-prandial blood glucose assessment. Complete Urine analysis and glycosylated Hb should be done. Medical insurance services should cover all needed investigation and treatment for them.

Keywords: diabetes mellitus, medical students, mutah school of medicine, Al-Karak, Jordan

Biography

My name is Rand Abuali, and I am a 22-year-old, a third-year medical student in Mutah University in Alkark. I currently reside in Amman-Jordan. I attended Pioneer Educational School, where I participated in several philanthropic events and volunteered at several foundations which helped me uncover my interest in medicine since I enjoyed learning about the human body, how diseases affect individuals, and how they can be healed. Now that I am a full-time student, I am driven by my desire to learn and excel as I work to become a remarkable and successful woman in today's society. I'm still undecided about what I want to specialize in, but there's plenty of time to figure this out ,I know I can look forward to more challenges and motivated for a long time.